

# A TRAINING DEVICE USED WITH A SPORTS STICK HAVING A HOLLOW HAN- DLE

## Abstract

A sports training device of the present invention includes a plurality of rod members forming a rod assembly configured to be received within a hollow handle of a sport stick. First and second bumper elements are connected to opposing ends of said rod assembly. The sports training device may also include an end cap connected to the hollow handle and a mid bumper slidably received on an outer surface of the rod assembly along its length. The sports training device may be reconfigured with rod members of different lengths and weights to accommodate a variety of different sports and a variety of user needs. The weighted sports training device of the present invention provides the user with enhanced training capabilities and also provides an end cap that may be utilized with an existing sport stick during training and actual play of the sport.